

Bike Wisconsin® e-Newsletter

Published by Two Bicycles and a Map, Ltd., www.bikewisconsin.com

An irregular e-Newsletter about the goings-on at Bike Wisconsin.

(You are subscribed to the Bike Wisconsin e-Newsletter. To unsubscribe click the link at the bottom of the page.)

THIS MONTH in the “Year of the Tiger” Issue

“Melancholy is incompatible with bicycling. ~James E. Starrs.

Follow us on TWITTER and help your bike go FASTER!

Do you like free stuff? We do. And we like giving free stuff away! Especially bike SWAG! Become a **Twitter** follower of your favorite Bikewisconsin Tour (GRABAAWR®, Bike Northwoods, or SAGBRAW®) and your name will get entered in a drawing to win a 4 OZ bottle of Boeshield T-9, one of our FABULOUS sponsors!

<http://www.boeshield.com/>

We'll give away 6 bottles to 6 different winners. This is the rockin' best chain lube out there – ideal for any type of bike. Tweeters must become followers of a tour by noon on Feb. 25th to be eligible for the drawing. If you miss the deadline, fret not! Become a follower and you can keep up with all the late breaking news about the tours, other fun stuff... and maybe we'll give away more swag later!

To Qualify for the drawing: Login to your Twitter account, search for one of the tours or click on one of the links below. Click on the 'Follow' button to become a follower of the tour. Then Click on the 'gear' icon and choose 'direct message.' Send us a message with your real name and e-mail and we'll enter you in the drawing. (followers who joined earlier will be included in the drawing.) If you haven't become a “tweeter,” just go to www.Twitter.com and join up.

Twitter Links:

GRABAAWR®

<http://twitter.com/GRABAAWR>

Bike Northwoods

<http://twitter.com/bikenorthwoods>

SAGBRAW®

<http://twitter.com/SAGBRAW>

Bicycling = Healthy Citizens and a Healthy Wisconsin State Economy

A report, produced by the Environmental Studies program at UW-Madison, estimates bicycling's annual state-wide economic benefit to exceed \$924 million. When you factor in Wisconsin's robust bicycle manufacturing, sales, and service industries, cycling generates well over \$1.5 billion in total economic impact each year. Non-residents spend approximately 6.4 million days a year cycling in Wisconsin, generating more than \$535 million annually. Bikewisconsin is proud to be a “green” part of a healthy Wisconsin economy.

For more on this study, click on the link below:

http://bfw.org/uploads/media/Bike_Report_Press_Release-10.pdf

A Sneak Preview of Fun Stuff on the Tour!

We are working on the details of the tours, and it's a lot of work. Here is a just a quick peek at a few things we are working on as far as roadside attractions go:

GRABAAWR®:

Cranberries in bloom; a dairy give-away; The State Firefighters Memorial;; a cheese factory,

Bike Northwoods:

A giant Cowboy; Museum of Woodcarving; a Lumberjack Show, Freshwater Fishing hall of Fame; the 9th smallest town in Wisconsin, and cheese!

SAGBRAW®:

A 20 foot tall Cow; The birth place of Houdini; A Wisconsin county fair; the place where Sputnik crashed (and a fragment of that satellite); great old lighthouses, and cheese!

Child Bike Safety Helmet Give-way for 2010

Once again Bikewisconsin® is proud to continue our **Child Bike Safety Helmet Give-away Program** in 2010. It is our hope that we can encourage and inspire youth to discover how living healthy can be a fun activity on a bicycle. This year we are almost doubling the number of helmets we will give away at each host town.

We encourage all communities to get involved in the Wisconsin Bicycle Friendly Community Initiative and the Wisconsin Safe Routes to School Program to improve the facilities for biking in your communities. We want to make all Wisconsin towns, **“Bicycle Friendly!”**

<http://www.bikewisconsin.com/Main/Youth%20bike%20Helmet.html>

WE’LL BE AT THE BUDGET BIKE-O-RAMA

See us live. We’ll be at the Budget Bike O Rama, March 12-14th at the Alliant Energy Center, in Madison WI. Friday noon-9, Saturday 8-9 and Sunday 10-6. And it’s free admission. Hope to see you there. <http://www.bikeorama.com/home.html>

WHAT WOULD BIKING BE WITHOUT TASTY PIES!

Sour Cream Raisin Pie

Made famous by Helen Myhre from the Norske Nook in Osseo WI – where Wisconsin pie making is raised to a whole new level. She once appeared on Late Night with David Letterman and taught him to cook this pie in 6 minutes!

Prepare a single 10” pie crust

2 c. sour cream, 4 egg yolks (save whites for meringue), 1 ¾ c. sugar, 4 tsp flour, 1 ½ c. raisins

1. Stir the sour cream and egg yolks together
2. Add the sugar. Dump in the flour, the raisins and mix it up
3. Cook over a med heat until the raisins are plump and the filling is glossy
4. Cool the filling slightly then pour it in to the cool crust.
5. Prepare a meringue (12 egg whites) and spread onto pie
6. Cook for 15-20 minutes at 400 degrees. Remove when peaks are brown

SOME NEW AND IMPORTANT BIKE WISCONSIN® FUN LINKS

Check out the new Bike Wisconsin® Blog (read all about it!)

<http://www.bikewisconsin.com/BWBlog/index.html>

The new improved Bike Wisconsin® Forum (stop by, contribute, and be part of the community)

<http://www.bikewisconsinforum.com>

Bike Wisconsin® Tour Facebook Pages (become a FAN!)

GRABAAWR®

<http://www.facebook.com/pages/Madison-WI/GRABAAWR/121879043365?ref=ts>

Bike Northwoods

<http://www.facebook.com/pages/Bike-Northwoods/123425594925?v=wall&ref=ts>

SAGBRAW®

<http://www.facebook.com/pages/Madison-WI/SAGBRAW/123494207028?v=wall&ref=ts>

Happy Cycling!

From all the “spring is coming soon bikers” at Blkewisconsin.

Questions or comments are strongly encouraged at info@bikewisconsin.com

Two Bicycles and a Map, Ltd.

Bike Wisconsin®

PO Box 3142, Madison, WI 53704

Phone 608-843-8412 Email info@bikewisconsin.com On the web at

www.bikewisconsin.com